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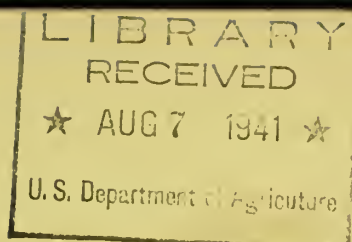
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Food Needs of Men in Industry



A broadcast by Miss Ruth Van Deman and Dr. Lela Booher, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, July 22, 1941, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the NBC Blue Network.

--ooOoo--

WALLACE KADDERLY:

Now to continue with our series of Tuesday discussions on nutrition--human nutrition. Or to put it another way ... the food we eat and why.

Today Ruth Van Deman has brought along with her Dr. Lela Booher, who heads up the nutrition research for the Bureau of Home Economics. And this time we're going to center our conversation on the food needs of men in industry.

RUTH VAN DEMAN:

That's a pretty big subject, Wallace. Naturally, we'll only be able to touch on a high point here and there.

KADDERLY:

I appreciate that. And, Dr. Booher, we're particularly glad to have you here in person to take part in this. We've been hearing for some time about your outstanding work in Vitamin A. It's one of the few vitamin experiments I've heard about where men and women eat three meals a day as part of the experiment.

DR. LELA BOOHER:

That's not so unusual as you might think, Mr. Kadderly. Quite a few people volunteer "for the duration" on nutrition experiments. They're quite willing to make some sacrifices for the cause of science.

KADDERLY:

Well, from what Ruth has reported from time to time about your Vitamin A experiments, Dr. Booher, I gather you have pretty well established the Vitamin A requirements of normal men and women. For instance you've found how much Vitamin A a person needs in his diet to protect him against night blindness.

BOOHER:

Nutritional night blindness. That's right. As you know, some kinds of night blindness may have no connection with diet. They come from quite different causes.

KADDERLY:

Yes, I understand that. But it is true, isn't it, that unless a person gets his daily quota of Vitamin A, he won't be able to see well at night?

BOOHER:

Let's say ... his eyes won't be able to adjust normally from bright to dim light.

(Over)

KADDERLY:

For lots of men in hazardous jobs that could be very important. Take an aviator, for instance, or a man driving a truck at night. Things come at him fast. He needs the keenest possible vision.

VAN DEMAN:

The British are very careful to see that their aviators get their full quota of Vitamin A plus an extra margin for safety.

BOOHER:

We think that's very important for everybody ... civilians as well as men in the military forces and in industry ... In fact, with a few exceptions, the food needs of men in industry aren't any different from the food needs of men in other lines of work. And men and women have about the same food needs if they're doing the same kind of work.

KADDERLY:

But surely a man who does an indoor desk job doesn't need as much and as heavy food, say, as a man working in a steel mill.

BOOHER:

No, of course not. We'd class the indoor desk job as sedentary work. That would call for about 2500 calories a day. The steel mill job might be very active muscular work ... hard physical labor. A man on a job like that would need around forty-five hundred calories a day.

KADDERLY:

But I thought people didn't figure diets so much in calories these days.

VAN DEMAN:

Wallace, the human engine, just like the mechanical engine, has to have fuel to make it run. In a way calories in food are like the BTUs in coal or gasoline.

BOOHER:

I think what's bothering you, Mr. Kadderly, is that calories were overemphasized for a while. No man can live by calories alone - and maintain his body in good health. But calories still have their place in diet plans. A dietitian still starts figuring a diet on the calorie basis. She also makes sure that along with those calories go the right kind and proper amount of protein, minerals, and vitamins.

KADDERLY:

Calories plus, then you might call the modern diet plan.

BOOHER:

That's right.

KADDERLY:

How does a person know when he's getting enough calories?

VAN DEMAN:

The scales will usually tell, won't they, Dr. Booher?

BOOHER:

Generally yes, unless a person is in need of medical attention. If he is overweight and gaining all the time, he's certainly getting more calories than he needs. And vice versa ... if he's underweight ... Only be sure to weigh yourself the same time every day ... not before breakfast one day and **after** dinner the next.

KADDERLY:

Thanks, I'll watch that, and try to step up the calories some. I'm not exactly overweight.

Dr. Booher, what do you think about in-between meal snacks? I understand that a good many, or at least some, industrial plants are having their employees stop work 10 or 15 minutes in the middle of the morning and again in the afternoon and eat something.

BOOHER:

I think it's all to the good - provided what they eat is something the body needs. I know of some factories that provide their workers with a between-meal lunch of milk and banana for instance. That's not hard to serve and doesn't take long to eat. Most of the employees say it's a big help. They don't feel so tired at the end of the day. And their records show they don't lose so much time from illness.

KADDERLY:

Would a lump of sugar, or a soft drink do the same thing for them as the milk and banana?

BOOHER:

No. All you'd get from the sugar or most of the soft drink would be calories. The milk is particularly good, because as you know, it's one of our best sources of calcium. Studies of American diets show we're likely to be shy on our calcium intake.

KADDERLY:

But wouldn't the milk tend to make an overweight person ... well - er - more so.

BOOHER:

Fat. Say it right out. No reason to dodge the word.

KADDERLY:

All right, wouldn't it make a fat man fatter then?

BOOHER:

Not if the 300 calories that a pint of milk carries were allowed for in his whole day's diet. And if these between-meal lunches are served regularly, they should be figured into the whole day's food.

VAN DEMAN:

I believe that the idea that milk makes you fat is just an excuse with a lot of people for not taking their daily pint.

BOOHER:

I'm afraid it is ... which is too bad. For we definitely need more calcium in our diets ... along with a generous amount of phosphorus.

Those two minerals are essential to good strong bones. No need to say that a weak skeleton is a hazard to anybody at any time. That's obvious. But it's doubly hazardous to a man in an active factory job where he has to lift and bend, and stand hard knocks sometimes.

KADDERLY:

Is there anything to the idea that salt will help to ward off heat prostration ... where men are exposed to terrific heat?

BOOHER:

Yes, certainly on a job where one sweats profusely, it's a great help. In certain jobs in steel mills, for instance, salt in the drinking water or taken as pure sodium chloride tablets, will keep the men from having "heat cramps." These so-called heat cramps are caused by loss of too much salt in sweat.

VAN DEMAN:

Isn't that something for all of us to remember in very hot weather - when we're perspiring more than usual ... to take some extra salt, and more water than usual?

BOOHER:

It certainly would do no harm unless it were against a doctor's order.

KADDERLY:

How do you feel about vitamin concentrates, Dr. Booher? Do you think the man on a strenuous factory job needs extra vitamins?

BOOHER:

He needs extra everything in his food. I think the best way for him to get his vitamins and all food needs is in the natural way ... in a well-balanced diet made up of a variety of foods.

KADDERLY:

But some of the diet experts claim we can't get enough vitamins through our ordinary meals.

BOOHER:

Something's the matter with the meals then. They don't contain enough fruit and vegetables and other protective foods.

I can make up in my laboratory a synthetic diet for our laboratory animals that supplies everything they need chemically. But I wouldn't try to live on a diet like that myself or give it to any other human being. It certainly wouldn't make the mouth water. And I believe that food to insure good nutrition needs to be appetizing.

BOOHER (Continued):

Also I have a feeling that there are probably many food values in our natural foods that we haven't discovered yet. Now and then it may be all right to supplement the food we eat at table with vitamins in pure form. But as a usual thing I think we should get them in a natural way.

VAN DEMAN:

The daily guide in the little folder "Eat the Right Food to Help Keep You Fit" is pretty safe and sane guide on that, don't you think?

BOOHER:

Yes, indeed, and what's more you can carry it in your pocket.

KADDERLY:

We've commended and recommended that leaflet to our Farm and Home Friends on several occasions. We'll try to make it a definite offer again in a few minutes.

BOOHER:

In general that daily guide meets the new yardstick for good nutrition announced at the National Nutrition Conference here in May. It translates calcium ... riboflavin ... ascorbic acid, and all the rest into the foods we all know and like to eat.

VAN DEMAN:

It goes further than to say what foods. It says how much and when - that is how many servings a day of the different groups.

KADDERLY:

That even puts it into a form the head of a dining-hall-for-men on a defense project could use.

VAN DEMAN:

As a very general pattern .. yes .. everybody can use it, anyone eating with a group or by himself.

BOOHER:

If there's a trained dietitian on the job she may want to get the table of recommended daily allowances of the different nutrients, and check her meal plans against it. She's accustomed to thinking in terms of grams of protein, milligrams of iron, and so on. The technical terms won't bother her.

KADDERLY:

Have you some copies of this technical "yardstick" that you can send to dietitians, Ruth?

VAN DEMAN:

Yes, we have some extra copies - strictly for people who want technical material. Most of us want the translation - "Eat the Right Food."

BOOHER:

There's something else we mustn't overlook in this discussion of food needs of men in industry. Food is not the whole story in physical fitness.

KADDERLY:

That's right too.

BOOHER:

We've spoken about drinking water. That's very important. Water is really a food. Water serves as a vehicle to transport food in the body and remove waste products.

Oftentimes a man on a job is so busy he forgets to drink water between meals. A man doing a job that makes him sweat copiously may lose as much as a quart of water, chiefly as sweat, within an hour.

KADDERLY:

At that rate he'd have to drink a lot of water or he'd dry up and blow away. Let's see, how much of our body weight is water?

BOOHER:

Around 60 to 70 percent. And of course, the kind of clothing has something to do with the amount of water lost through the skin.

KADDERLY:

It surely does. A man needs the right kind of clothing, for whatever job he's doing.

VAN DEMAN:

And may I put in a plug for plenty of sleep - good sound sleep on a good bed?

BOOHER:

That's right ... and with plenty of fresh air. Every man who works needs restful sleep to keep him healthy and up to his job.

KADDERLY:

Thank you, Dr. Booher, for rounding out the picture this way ... even though it is only the outline at best.

And, Ruth, is it all right for me to tell our Farm and Home Friends to write the Bureau of Home Economics for copies of "Eat the Right Food to Help Keep You Fit"?

VAN DEMAN:

Yes, we're still doing business at the same stand.

KADDERLY:

Very well then, Farm and Home Friends (Ad lib offer of leaflet).